



## Glow: The Nutritional Approach to Naturally Gorgeous Skin (Paperback)

By Nadia Neumann, Nadia Washlick

Page Street Publishing Co., United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. For readers who fight with their problem skin and feel out of control, Nadia Washlick proves that everyone's skin can glow from the inside out by making a switch to a real-food diet and all-natural skin care routine. Nadia cured herself of the skin issues that plagued her for much of her life - including acne and constantly inflamed, irritated skin - through diet, detoxing her skin of chemical-laden beauty products and lifestyle changes. In *Glowing Skin from Within*, Nadia presents the knowledge and experience she gained on her journey, backed by cutting-edge scientific research. Nadia's approach is two-fold. She presents practical nutrition information and recipes to inform and help readers reduce inflammation, regulate blood sugar, heal their guts and balance hormones in their bodies that affect skin. She then exposes the ugly side of the beauty industry and teaches readers how to detox their skin from harsh, commercial products and transition to a natural skin care routine. The book includes 20 delicious and simple cooking recipes using superfood ingredients that nourish skin from the inside, as well as 20 tried-and-true...



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